

SOUTH AFRICAN MENS POWERLIFTING RECORDS (UNEQUIPPED) AS AT 15/03/2014

15/03/2014	Sub-Junior	Junior	Senior	Master I	Master II	Master III
53 Div.						
Squat	120.0 Revaldo Matras 15/03/2014	135.0	155.0	125.0	115.0	105.0
Bench Press	72.5	92.5	107.5	87.5	80.0	72.5
Deadlift	165.0 Revaldo Matras 15/03/2014	165.0 Revaldo Matras 15/03/2014	167.5	132.5	122.5	112.5
Total	350.0 Revaldo Matras 15/03/2014	372.5	430.0	345.0	317.5	290.0
59 Div.						
Squat	127.5 Marco Jacobs 15/03/2014	150.0	172.5	137.5	127.5	115.0
Bench Press	87.5 Marco Jacobs 15/03/2014	102.5	120.0	97.5	87.5	80.0
Deadlift	160.0 Thladi Kgahliso 15/03/2014	162.5	185.0	150.0	137.5	127.5
Total	375.0 Marco Jacobs 15/03/2014	415.0	477.5	385.0	352.5	322.5
66 Div.						
Squat	127.5	165.0 Marcel Vorster 15/03/2014	190.0	155.0 Karl Christians 15/03/2014	155.0 Karl Christians 15/03/2014	127.5
Bench Press	97.5 Stuart Hughes 25/02/2012	125.0 Ivan Vers 15/03/2014	132.5 Jacobus Philatsi 15/03/2014	107.5	97.5	87.5
Deadlift	175.0 Themba Makhubada 25/02/2012	205.0 Ebrahim Pregnotato 15/03/2014	240.0 Remi Fredericks 15/03/2014	190.0 Karl Christians 15/03/2014	190.0 Karl Christians 15/03/2014	140.0
Total	355.0	477.5 Ivan Vers 15/03/2014	527.5	435.0 Karl Christians 15/03/2014	435.0 Karl Christians 15/03/2014	355.0
74 Div.						
Squat	147.5 Luke Routier 11/06/2013	200.0 Japhtha Khalapa 15/03/2014	215.0 Harry Shomalistos 15/03/2014	162.5	160.0 David Quatse 15/03/2014	137.5
Bench Press	125.0 Ismael Aasif Ahmed 08/12/2013	132.5 Umar Pregnotato 15/03/2014	142.5	117.5 Clifford Hayim 23/02/2013	105.0	100.0 Dan Oppenheim 25/02/2012
Deadlift	215.0 Ismael Aasif Ahmed 08/12/2013	240.0 Japhtha Khalapa 15/03/2014	292.5 Harry Shomalistos 15/03/2014	210.0 David Quatse 15/03/2014	210.0 David Quatse 15/03/2014	185.0 Dan Oppenheim 25/02/2012
Total	480.0 Ismael Aasif Ahmed 08/12/2013	565.0 Japhtha Khalapa 15/03/2014	647.5 Harry Shomalistos 15/03/2014	465.0 David Quatse 15/03/2014	465.0 David Quatse 15/03/2014	415.0 Dan Oppenheim 25/02/2012
83 Div.						
Squat	155.0 Paul Beresford 15/03/2014	220.0 Tshepo Rapoo 15/03/2014	225.0 Mathew Coppenhall 15/03/2014	180.0	165.0	152.5
Bench Press	105.0	165.0 Franco Holder 15/03/2014	172.5 Ryan Miller 15/03/2014	125.0	115.0	105.0
Deadlift	215.0 Paul Beresford 15/03/2014	265.0 Jean Arthur Pretorius 15/03/2014	287.5 Dean Van Wyk 15/03/2014	207.5 Patrick Banda 15/03/2014	207.5 Patrick Banda 15/03/2014	165.0
Total	465.0 Paul Beresford 15/03/2014	585.0 Jabulani Phantle 15/03/2014	635.0 Dean Van Wyk 15/03/2014	500.0	460.0	422.5
93 Div.						
Squat	190.0 Garth Homan 11/06/2013	212.5 Nelson Sitsili 15/03/2014	237.5	215.0 Victor Mapoo 15/03/2014	177.5	160.0 Robert Huff 23/02/2013
Bench Press	112.5	145.0 Gian Smit 11/06/2013	165.0	140.0 Victor Mapoo 15/03/2014	122.5	112.5 Robert Huff 23/02/2013
Deadlift	230.0 Garth Homan 11/06/2013	280.0 Nelson Sitsili 15/03/2014	280.0 Nelson Sitsili 15/03/2014	252.5 Henk de Wet 15/03/2014	205.0 Mobara Ebrahim 15/03/2014	185.0 Robert Huff 23/02/2013
Total	530.0 Garth Homan 11/06/2013	627.5 Nelson Sitsili 15/03/2014	660.0	592.5 Henk de Wet 15/03/2014	490.0	457.5 Robert Huff 23/02/2013
105 Div.						
Squat	220.0 Robert Kennedy 08/12/2013	255.0 Johan Smith 15/03/2014	255.0 Johan Smith 15/03/2014	230.0 Jorncy Page 23/02/2013	187.5	170.0
Bench Press	132.5 Robert Kennedy 08/12/2013	200.0 Johan Smith 15/03/2014	200.0 Johan Smith 15/03/2014	165.0 Jorncy Page 23/02/2013	145.0 Colin Young 15/03/2014	120.0
Deadlift	280.0 Robert Kennedy 08/12/2013	300.0 Mohammed Raees Dangor 23/02/2013	300.0 Mohammed Raees Da 23/02/2013	255.0 Jorncy Page 23/02/2013	210.0 Colin Young 15/03/2014	210.0 Theuns Naude 15/03/2014
Total	632.5 Robert Kennedy 08/12/2013	700.0 Johan Smith 15/03/2014	702.5	650.0 Jorncy Page 23/02/2013	525.0 Colin Young 15/03/2014	475.0
120 Div.						
Squat	210.0 Jerome Korf 23/02/2013	295.0 Ricardo Baretto 15/03/2014	300.0 Mathew Cosmo 15/03/2014	300.0 Mathew Cosmo 15/03/2014	197.5	180.0
Bench Press	155.0 Jerome Korf 23/02/2013	202.5 Benedict Buccarizza 15/03/2014	202.5 Benedict Buccarizza 15/03/2014	185.0 Mathew Cosmo 15/03/2014	135.0	125.0
Deadlift	250.0 Jerome Korf 23/02/2013	295.0 Ricardo Baretto 15/03/2014	295.0 Ricardo Baretto 15/03/2014	290.0 Quentin Kannemeyer 15/03/2014	212.5	192.5
Total	615.0 Jerome Korf 23/02/2013	765.0 Benedict Buccarizza 15/03/2014	767.5 Mathew Cosmo 15/03/2014	767.5 Mathew Cosmo 15/03/2014	545.0	497.5
120+ Div.						
Squat	182.5	257.5 Minal Raniga 15/03/2014	285.0 Juan Booyse 15/03/2014	217.5	200.0	182.5
Bench Press	127.5	185.0 Juan Booyse 23/02/2013	190.0 Juan Booyse 15/03/2014	150.0	137.5	127.5
Deadlift	197.5	300.0 William Shaw 15/03/2014	300.0 William Shaw 15/03/2014	235.0	217.5	197.5
Total	507.5	690.0 Juan Booyse 23/02/2013	752.5	607.5	555.0	507.5

SOUTH AFRICAN WOMENS POWERLIFTING RECORDS (UNEQUIPPED) AS AT 15/03/2014

15/03/2014	Sub-Junior (14-18)	Junior (19-23)	Senior	Master I 40-49	Master II 50-59
43 Div.					
Squat	60.0	72.5	87.5	67.5	60.0
Bench Press	32.5	37.5	45.0	35.0	32.5
Deadlift	65.0	82.5	97.5	72.5	65.0
Total	157.5	192.5	230.0	175.0	157.5
47 Div.					
Squat	65.0	77.5	92.5	75.0 Elisabeth Barry 08/12/2013	65.0
Bench Press	37.5 Rochell de Beer 15/03/2014	42.5	50.0	40.0 Elisabeth Barry 08/12/2013	35.0
Deadlift	90.0 Rochell de Beer 15/03/2014	95.0 Larisse du Preez 15/03/2014	125.0 Elisabeth Barry 08/12/2013	125.0 Elisabeth Barry 08/12/2013	70.0
Total	187.5 Rochell de Beer 15/03/2014	207.5	245.0	240.0 Elisabeth Barry 08/12/2013	170.0
52 Div.					
Squat	70.0	85.0 Stacey Bryant 15/03/2014	100.0 Antoinette Kriel 11/06/2013	100.0 Antoinette Kriel 11/06/2013	70.0
Bench Press	37.5	50.0 Stacey Bryant 15/03/2014	72.5 Antoinette Kriel 11/06/2013	72.5 Antoinette Kriel 11/06/2013	37.5
Deadlift	75.0	120.0 Alushka September 15/03/2014	130.0 Antoinette Kriel 11/06/2013	130.0 Antoinette Kriel 11/06/2013	75.0
Total	182.5	252.5 Stacey Bryant 15/03/2014	302.5 Antoinette Kriel 11/06/2013	302.5 Antoinette Kriel 11/06/2013	182.5
57 Div.					
Squat	97.5 Megan Leighton 15/03/2014	97.5 Megan Leighton 15/03/2014	122.5 Antoinette Kriel 15/03/2014	122.5 Antoinette Kriel 15/03/2014	75.0 Miriam Sinclair 15/03/2014
Bench Press	55.0 Megan Leighton 15/03/2014	55.0 Megan Leighton 15/03/2014	80.0 Antoinette Kriel 15/03/2014	80.0 Antoinette Kriel 15/03/2014	50.0 Miriam Sinclair 15/03/2014
Deadlift	132.5 Megan Leighton 08/12/2013	140.0 Storm Benjamin 23/02/2013	145.0 Antoinette Kriel 15/03/2014	145.0 Antoinette Kriel 15/03/2014	120.0 Miriam Sinclair 15/03/2014
Total	282.5 Megan Leighton 15/03/2014	282.5 Megan Leighton 15/03/2014	347.5 Antoinette Kriel 15/03/2014	347.5 Antoinette Kriel 15/03/2014	245.0 Miriam Sinclair 15/03/2014
63 Div.					
Squat	102.5 Anneke Jordaan 23/02/2013	102.5 Anneke Jordaan 23/02/2013	120.0	112.5 Vicky Botha 15/03/2014	82.5
Bench Press	45.0 Anneke Jordaan 23/02/2013	52.5	75.0 Lisa Basson 15/03/2014	65.0 Vicky Botha 15/03/2014	42.5
Deadlift	110.0 Anneke Jordaan 23/02/2013	112.5	160.0 Lisa Basson 15/03/2014	140.0 Vicky Botha 15/03/2014	92.5
Total	257.5 Anneke Jordaan 23/02/2013	265.0	342.5 Lisa Basson 15/03/2014	317.5 Vicky Botha 15/03/2014	217.5
72 Div.					
Squat	90.0	112.5	132.5	125.0 Laura de Wet 15/03/2014	90.0
Bench Press	55.0 Geraldine Roelofse 15/03/2014	57.5	70.0	62.5 Laura de Wet 15/03/2014	47.5
Deadlift	102.5	127.5 Tammy Goosen 15/03/2014	155.0 Candice Coetzer 15/03/2014	120.0 Laura de Wet 15/03/2014	102.5
Total	265.0	292.5	347.5	307.5 Laura de Wet 15/03/2014	265.0
84 Div.					
Squat	102.5	125.0	147.5	115.0 Bonita Hein 15/03/2014	102.5
Bench Press	52.5	65.0	77.5	67.5 Bonita Hein 15/03/2014	52.5
Deadlift	115.0	140.0	165.0	155.0 Bonita Hein 15/03/2014	115.0
Total	270.0	330.0	390.0	337.5 Bonita Hein 15/03/2014	270.0
84+ Div.					
Squat	107.5	132.5 Juanita Visser 15/03/2014	165.0 Tracey Ludwig 15/03/2014	165.0 Tracey Ludwig 15/03/2014	107.5
Bench Press	67.5	70.0 Juanita Visser 15/03/2014	82.5	77.5 Tracey Ludwig 15/03/2014	57.5
Deadlift	120.0	182.5 Juanita Visser 15/03/2014	190.0 Tracey Ludwig 15/03/2014	190.0 Tracey Ludwig 15/03/2014	120.0
Total	285.0	385.0 Juanita Visser 15/03/2014	432.5 Tracey Ludwig 15/03/2014	432.5 Tracey Ludwig 15/03/2014	285.0

SOUTH AFRICAN MENS BENCH PRESS RECORDS (UNEQUIPPED) AS AT 15/03/2014

15/03/2014	Sub-Junior (14-18)	Junior (19-23)	Senior	Master I 40-49	Master II 50-59	Master III 60+
53	75.0	92.5	105.0	87.5	80.0	75.0
59	102.5 Tashriq Hendriks 23/02/2013	102.5 Tashriq Hendriks 23/02/2013	115.0	95.0	87.5	82.5
66	97.5 Stuart Hughes 25/02/2012	125.0 Ivan Vers 15/03/2014	132.5 Jacobus Philatsi 15/03/2014	105.0	95.0	87.5
74	100.0 Ismail Aadil Ahmed 23/02/2013	132.5 Umar Pregnolato 15/03/2014	142.5	117.5 Clifford Hayim 23/02/2013	107.5	100.0 Dan Oppenheim 25/02/2012
83	110.0	165.0 Franco Holder 15/03/2014	172.5 Ryan Miller 15/03/2014	130.0	120.0	110.0
93	117.5	160.0 Jeffrey Cook 08/12/2013	175.0 Pieter Erasmus 23/02/2013	175.0 Pieter Erasmus 23/02/2013	130.0 Cedric Saffy 23/02/2013	125.0 Neal Coleman 15/02/2014
105	140.0 Berto Smith 15/02/2014	200.0 Johan Smith 15/02/2014	200.0 Johan Smith 15/02/2014	165.0 Joncoy Page 23/02/2013	145.0 Colin Young 15/03/2014	125.0 Ado Krige 25/02/2012
120	155.0 Jerome Korf 23/02/2013	202.5 Benedict Buccarizza 15/03/2014	202.5 Dave Edwards 15/02/2014	200.0 Ian Furman 25/02/2012	151.0 Johan Vorster 15/02/2014	130.0
120+	132.5	185.0 Juan Booyse 23/02/2013	195.0 Ian Furman 23/02/2013	195.0 Ian Furman 23/02/2013	162.5 Terence De Laney 15/02/2014	132.5

SOUTH AFRICAN WOMENS BENCH PRESS RECORDS (UNEQUIPPED) AS AT 15/03/2014

15/03/2014	Sub-Junior (14-18)	Junior (19-23)	Senior	Master I 40-49	Master II 50-59
43	35.0	42.5	50.0	37.5	35.0
47	37.5 Rochell de Beer 15/03/2014	42.5	52.5	42.5	37.5
52	40.0	50.0 Stacey Bryant 15/02/2015	75.0 Lisa Basson 15/03/2014	72.5 Antoinette Kriel 11/06/2013	60.0 Liliana Coleman 15/02/2014
57	55.0 Megan Leighton 15/03/2014	55.0 Megan Leighton 15/03/2014	80.0 Antoinette Kriel 15/02/2014	80.0 Antoinette Kriel 15/02/2014	50.0 Miriam Sinclair 15/03/2014
63	47.5	57.5	67.5	65.0 Vicky Botha 15/02/2014	55.0
72	55.0 Geraldine Roelofse 15/03/2014	65.0	75.0	62.5 Laura de Wet 15/03/2014	55.0
84	60.0	72.5	85.0	67.5 Bonita Hein 15/03/2014	62.5
84+	65.0	77.5	90.0	77.5 Tracey Ludwig 15/03/2014	65.0